



## North Andover Senior Center Monthly Activities

# March

### **News! Updates! & Announcements!**

- NO SUPPER CLUB this Month!
- MAR 8 at 10AM- COA BOARD Meeting
- MAR 15 at 11AM- TRIAD Meeting
- MAR 17 at NOON- St. Pat's Luncheon Tickets are on SALE and Limited to 60 North Andover Seniors. LAST DATE to BUY TICKETS is MAR 14th!

Looking to Join the Friends of North Andover Senior Center?

We meet on Mar 30th at 4pm. Hope to see you there!

### **Don't Miss These Events**

- MAR 19– Annual Indoor Flea Market! Come Check out all that the vendors are offering! Doors Open at 9AM!

**Friday Grocery Trip is Back!**



**Starting March 4th  
Pickup begins at  
12:30-1pm.**

**\*Note the Time Change!**

### **Lecture Series**

Mar 7– Carolyn Cole- Senior Medicare Patrol Program

Mar 14– Rosemary Smedile– NA Selectman

Mar 21– Ed and Linda Pedi

Mar 28– Dr. McMillian- Our Health Conversation

If you need more information  
OR an appointment for any of  
our services,  
please call reception.

**978-688-9560**



# March



Mon	Tue	Wed	Thu	Fri
<b>REMINDER:</b> <b>**Daylight Savings Begins</b> <b>SUNDAY the 13th</b> <b>**Spring Begins</b> <b>Mar 20th</b>	<b>1</b> Primary Election Day! 	<b>2</b>	<b>3</b> 12-3 PM Fix It Shop	<b>4</b> Foot Care Specialist: 9-3 PM  Book Club A- 10AM Quilting- 10-12
<b>7</b>	<b>8</b> 12-2:30 PM S.H.I.N.E Consultations  COA Board Meeting @ 10 AM	<b>9</b>	<b>10</b> Morkeski Meadows Blood Pressure Clinic @10 AM Men's Breakfast- 9AM	<b>15</b> Massage Therapist: 9-12 PM
<b>14</b>	<b>15</b> 11:30-1 PM Attorney Bahrawy Consultations  TRIAD @ 11 AM	<b>16</b>	<b>17</b> St. Pat's Luncheon @ Noon  NO Supper Club!	<b>18</b> Foot Care Specialist: 9-3 PM Quilting- 10-12 Book Club B- 10:00 AM
<b>21</b> 	<b>22</b> 12-2:30 PM S.H.I.N.E Consultations	<b>23</b>	<b>24</b> 12-3 PM Fix It Shop	<b>25</b>
<b>28</b> Rockingham Mall 12:30-3:30 PM	<b>29</b> 10-12 PM Attorney Murray Consultations	<b>30</b> <b>Friends Meeting</b> <b>@ 4 PM</b>	<b>31</b>	
On Going Weekly Programs				
<b>Every Monday</b> 9-10 Yoga 10-11 Combo Class 10-11:30 Lectures 1-3 Cards (canasta, poker) 1-3:30 Bridge 3:30-4:15 Zumba Gold 4:30-5:30 Zumba Fitness	<b>Every Tuesday</b> 9-10 Tai Chi 9-12 Computer Training 9:30-11:30 Knitting 1-3 Art Class 12:30 -3 Bingo 1-3 Chess	<b>Every Wednesday</b> 9-12 Walk-in Clinic 10-11:30 Heart to Heart 10-11:30 News & Views 1-3 - Bridge Refresher 3:30-4:15 Zumba Gold 4:30-5:30 Zumba Fitness	<b>Every Thursday</b> 9-11:45 Woodcarving 9-12 Computer Training 10-11 Joy of Exercise 1-3 Cards (poker, canas- ta) 4:30-5:30 Zumba Fitness	<b>Every Friday</b> 10-12 Cuddles 1-3 Bridge 10-12 45's

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